



TRAIL TIPS FOR YOUR NEXT TREK

Planning your next outdoor adventure?

It can be as simple as setting aside time for a walk in your neighborhood or a national park. Start by checking in with how you are feeling both physically and mentally, and choose an outing that feels right for you.



Actor portrayals



Here are a few expert tips from the National Park Foundation.

Pick the Right Trail

The best trail is the one that's right for you.

Before you head out, check:

- ✓ Trail length
- ✓ Accessibility
- ✓ Terrain
- ✓ Places to rest

Make It a Shared Adventure

More may be merrier:

Invite a family member, friend, or caregiver. Sometimes the best part of the trail is the conversation along the way.

Pack Smart

A little preparation can help you enjoy the day.

Bring a few essentials:

- ✓ Water
- ✓ Charged phone
- ✓ Sun protection
- ✓ A light snack

Nature Is Closer Than You Think

Your next trek might be nearby:

- ✓ National park
- ✓ Neighborhood trail
- ✓ Community or local greenway

FIND YOUR TIME FOR TREKS



National Park
Foundation

AbbVie is proud to partner with the National Park Foundation to encourage spending more time outside. Learn more at www.nationalparks.org

Discover more resources at CLLCancer.com

Before starting a new physical activity or changing your routine, talk with your healthcare team about what's right for you.

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